

Warning Signs

- ◆ Threatening to hurt or kill oneself
- ◆ Looking for ways to kill oneself
- ◆ Talking or writing about death, dying, or suicide
- ◆ Feeling hopeless
- ◆ Feeling rage or uncontrolled anger or seeking revenge
- ◆ Acting reckless or engaging in risky activities - seemingly without thinking
- ◆ Feeling trapped
- ◆ Increasing alcohol or drug use
- ◆ Withdrawing from friends, family, and society
- ◆ Feeling anxious, agitated, or unable to sleep, or sleeping all the time
- ◆ Experiencing dramatic mood changes
- ◆ Seeing no reason for living, or having no sense of purpose in life

IS PATH WARM?

I – Ideation
S – Substance Abuse

P – Purposelessness
A – Anxiety/Agitation
T – Trapped
H – Hopelessness

W – Withdrawal
A – Anger
R – Recklessness
M – Mood Change

Source: American
Association of Suicidology, 2008

Facts About Suicide

- ◆ Nevada has the 5th highest rate of suicide in the United States, nearly double the national rate.
- ◆ Suicide is the 11th leading cause of death in the United States, but is the 6th leading cause of death for Nevadans.
- ◆ Suicide is the 3rd leading cause of death for Nevadans ages 15-34.
- ◆ For every teen that dies by suicide, it is estimated that 100-200 teens have attempted. One of the biggest risk factors for completed suicide is a previous attempt.
- ◆ More people die from suicide than homicide in the US.
- ◆ Each suicide leaves at least six to eight bereaved family and friends.
- ◆ Surviving family members not only suffer the grief and trauma of losing a loved one to suicide, but also are themselves at higher risk for suicide and emotional problems.
- ◆ Discussing suicide does not cause someone to die by suicide.

Office of Suicide Prevention
Nevada Department of
Health and Human Services

Las Vegas (702) 486-8225

Reno (775) 443-7843



Nevada Coalition for Suicide Prevention

In Partnership with the

The Nevada Office of Suicide Prevention

WALK IN MEMORY
♥
WALK FOR HOPE

Elko Area Community Walk

Date: Saturday, September 11, 2010

Time: 8:00 a.m. Registration
8:30 a.m. Opening Ceremony
8:00-11:00 a.m. Resource
and Information Exhibit

Location: **Elko City Park**
Horizon Hospice Memorial Rose Garden

Highlights



- ♦ **Resource and Information Exhibit**
- ♦ **Activities, arts/crafts, fire engine and support for children**
- ♦ **3 Mile Community Walk to raise awareness and funds for suicide prevention efforts**
- ♦ **Memorial for those lost by suicide before Walk**

**If you or someone you know
is in crisis, please call the
National Suicide Prevention Lifeline
1-800-273-TALK (8255)**

Registration

Register day of Walk or....

Mail registration form to:

Office of Suicide Prevention

445 Apple Street, Ste. 104
Reno, NV 89502
Fax: 775-688-1952

Questions:

Please contact Misty Allen in the
Office of Suicide Prevention
775-443-7843



**Let us remember
those who have died,
and work to protect
those who remain.**

YerringtonWalkers

Please complete for each walk participant.

Name: _____

Email: _____

Phone: _____

Address: _____

Suggested Donation: \$20 per person
(includes 1 t-shirt)

☐ Individual (\$20 per person)

☐ Team (\$15/person for 3 or more)

*Teams walking in memory of loved ones may
enter their team name below to be specially
recognized during the ceremony.*

☐ Participating without donation

☐ Sorry, I can't participate; here is a
donation of: _____

ALL WALKERS WELCOME!

All Donations Gratefully Accepted
NCSP is a 501(c)(3) non-profit organization
All donations are tax deductible:
EIN # 57-1237431

How did you hear about the Walk?
